**Friday Cycling and Low Level Walk**

**October to December 2019**

**Friday 10am – 4pm weekly**

 **Meet at 9.55am – Return at 3pm**

Group Leader: Claire Tatton

Mobile Number:07397 981835 Call between 9am – 4pm

**For any enquiry or in an emergency call 0161 442 6054**

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| **DATE** | **ACTIVITY** |
| 4th October | Morning: All abilities cycling. Afternoon: Low level walk |
| 11th October | Morning: All abilities cycling. Afternoon: Low level walk |
| 18th October | Morning: All abilities cycling. Afternoon: Low level walk |
| 25th October | Morning: All abilities cycling. Afternoon: Low level walk |
| 1st November | Morning: All abilities cycling. Afternoon: Low level walk |
| 8th November | Morning: All abilities cycling. Afternoon: Low level walk |
| 15th November | Morning: All abilities cycling. Afternoon: Low level walk |
| 22nd November | Morning: All abilities cycling. Afternoon: Low level walk |
| 29th November | Morning: All abilities cycling. Afternoon: Low level walk |
| 6th December | Morning: All abilities cycling. Afternoon: Low level walk |
| 13th December | Morning: All abilities cycling. Afternoon: Low level walk |
| 20th December | Morning: All abilities cycling. Afternoon: Low level walk |
| 27th December | **Closed** |

**Transport will be leaving at 10.00am. Please be prompt.**

**MEETING PLACE:**

Stockport Cerebral Palsy

Granville House

20 Parsonage Road, Heaton Moor

Stockport. SK4 4JZ

**Warm Waterproof clothing is recommended (even if warm and sunny) for all Outdoor sessions.**

**Please ensure you bring refreshments or snacks (as recommended in Food & Drink Policy)**

**Carers if appropriate - please don’t leave the meeting place until the Group Leader has arrived**

**Supportability Leisure Groups, Meridian House, Pepper Road, Hazel Grove, Stockport. SK4 5BW.**